

CALGARY



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COMEDIANS POPULAR ON TWITTER {page 10}



DADS-TO-BE DOOGIE, PARTNER SET FOR FATHERHOOD DISH {page 12}



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Bowling. For kids



Wildrose claims censorship

► Danielle Smith says there are plenty of examples of third parties being quoted in both government and opposition news releases ► Speaker's letter says since Smith isn't elected, quotes violate guidelines

The Wildrose Alliance is accusing the Alberta legislature and the majority Tories of attempting to muzzle the fledgling party by banning it from quoting its unelected leader in caucus news releases and on caucus websites.

The Alliance received a letter from the legislature clerk's office last week saying it may not use Danielle Smith's name in official legislative communications because she is not an elected member.

The party is requesting that legislative Speaker Ken Kowalski, a Tory who is appointed as the neutral moderator of the house, immediately withdraw the warning.

"This is clear censorship and we're not going to stand for it. And I don't think Albertans are going to stand for it," Smith said yesterday. "When the government starts interfering with what the opposition can or cannot put in their press releases, it crosses the line. It doesn't make sense and we've indicated we're not going to comply with it and we've asked the Speaker to withdraw the letter."

An official in the Speaker's office said there are clear rules governing how members of the legislature and caucuses are allowed to spend money.

"The guidelines issued by the legislative assembly for caucus expenditures provide a specific section on restrictions on caucus expenditures which reads: 'Caucus activities and transactions should be separate and distinct from party activities, party identity, logos, coloured web pages, events or transactions and particularly election activities,'" said Bev Alenius, executive assistant to the Speaker.

The Wildrose is still embroiled in a battle with the government over caucus funding.

Back in June, Tories on the members' services committee voted against a motion that would have seen the then three-member Alliance caucus get as much funding as the two-member NDP. Government members of the committee argued that the Wildrose was asking for a leader's allowance and Smith does not hold a seat in the legislature. THE CANADIAN PRESS

Incumbent-free charity bowling

More than \$2,800 was raised at last night's #yycbowl event, where municipal election aldermen and mayoral candidates got together to raise cash to help prepare lunches for underprivileged Calgary kids. At \$1 per lunch, more than 2,800 more kids will get meals to help them during the day.

Gunman goes on rampage

Eight killed, more than a dozen hurt in Slovak capital {page 6}

Clemens back in court

Legend pleads not guilty to lying to U.S. Congress {page 19}

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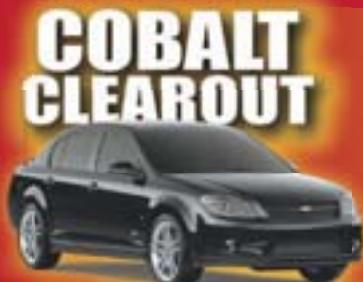
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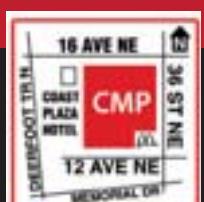
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Oilsands toxic to fish: Report

A new study shows that heavy metals, including lead and mercury, which are being released from oilsands facilities into the air and water of northern Alberta, are already above levels considered hazardous to fish.

The study, published yesterday in the Proceedings of the National Academy of Sciences, takes aim at the province's environmental monitoring and dismisses government claims the con-

taminants come from natural sources.

"Contrary to claims made by industry and government in the popular press, the oilsands industry substantially increases the loadings of toxic (priority pollutants) into the Athabasca River and its tributaries via air and water pathways," says the report.

But while the Alberta government accepts that some contamination may be coming from industry, it

says there still isn't enough information to know if that's the main source.

"It's very difficult in many cases to attribute water-quality trends to one particular factor," said Kim Westcott of Alberta Environment.

NDP MLA Rachel Notley said the province should change its approach to monitoring and enforcing rules rather than mounting public relations campaigns.

THE CANADIAN PRESS



JEFF MCINTOSH/THE CANADIAN PRESS



What's really on your mind, Calgary?

► The \$25-million Peace Bridge, auditor report and airport tunnel aren't exactly hot-button topics



Auditors report? Definitely not. Airport tunnel? Nope. Designer bridge? Not really.

Metro hit the streets to find out what really matters to citizens come election time and none of the above was on their lips. Instead, Calgarians are concerned about crime and safety, transit, recycling and taxes.

Beltline resident Anne Larson said recycling matters to her and she would like to see Calgary's recycle program extended into the inner city.

"I feel like we're left out because we are inner-city. I know we have the bottle depot, but people would recycle a lot more if they were given the opportunity the other parts of the

Mayoral race

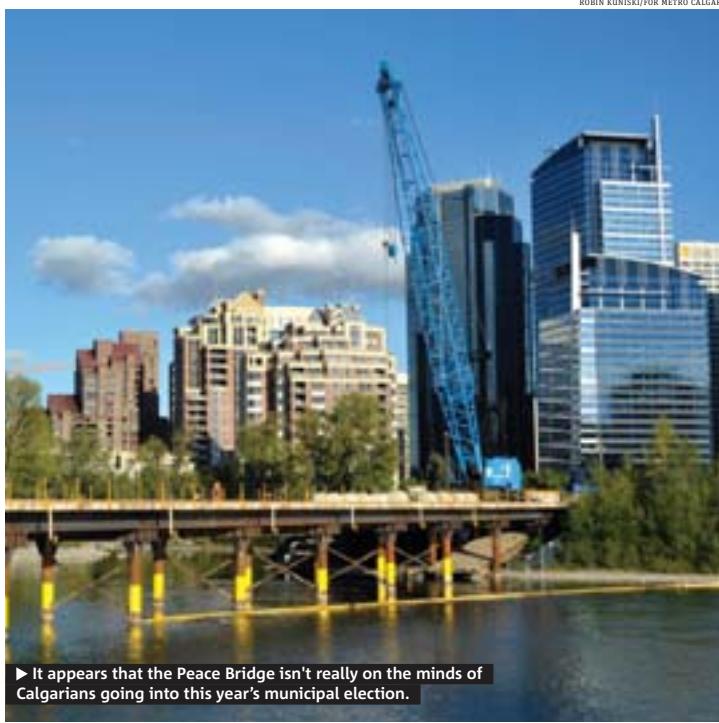
- There are now 16 declared mayoral candidates gunning for the city's top job in the fall election
- In 2001, there were 18 candidates when mayor Dave Bronconnier won

city have," she said.

McKenzie Towne resident Marvin C. said that transit and transportation are important issues to him.

"The city says they are trying to get people to take transit," he said, "but then they charge for the lots and charge for the fares. It doesn't make sense. Coming from the south into the city is not very easy."

Northeast resident Donna Peltzer said emergency services are most important.



► It appears that the Peace Bridge isn't really on the minds of Calgarians going into this year's municipal election.

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



Renovated Newfoundland lighthouse offers tourists a meal with spectacular views. Video at metronews.ca/canada

Man sought after drug bust

Police have arrested three men and are seeking a fourth suspect in connection with an alleged southwest drug operation.

Officers raided a house in the 2300 block of 17B St. SW last Tuesday and seized 85 grams of crack cocaine, 59 grams of powder cocaine, \$6,270 cash, dig scales, drug packaging and cellphones. Police have charged Blake Anthony Brissette, 20, Andrew Hans

1.9 The amount, in grams, of marijuana also found in the home.



Jin Ung Yu

CONTRIBUTED

News in brief

New school year brings new schools

EDUCATION. More than 12,000 Alberta students will be filling brand new classrooms, hallways and gyms as 18 new elementary-junior high schools open this week across the province. ■ **METRO CALGARY**

Judge denies woman bail

CRIME. The woman accused of attempted murder in relation to an incident with her five-year-old son earlier this year was refused bail yesterday.

Stacey Joy Bourdeaux was ordered to remain in custody facing attempted murder and other charges stemming from a May 24 incident.

■ **METRO CALGARY**

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Teacher busted caning students after being secretly recorded on cellphone camera.

SURVEY

Have your say on pathway safety

In response to Calgarians' demands for better safety on cycling routes and pedestrian walkways, the City of Calgary is providing an online survey, user counting and one-on-one interviews this week.

City administration wants to determine how to better pathway safety in response to the city's rapid growth and usage of existing pedestrian and cycling pathways.

Council will review survey results in May 2011, when they will determine a way to solve the growing problem.

There are over 700 kilometres of multi-use pathway in Calgary.

The survey is available until Sept. 17 at calgary.ca/parks.

• METRO CALGARY

2 more join race for mayor

The nomination list for potential mayors has grown from 14 to 16 with the addition of two-time mayoral hopeful Oscar Fech and local political activist Lawrence Oshanek. Both candidates announced their bids at the mayor forum on Sunday.

• METRO CALGARY

Murder victim identified

Police have identified the man who died last week in the city's southwest as Mohammad Ahmed Mahmud, 36. The man was brought to hospital with life-threatening injuries and later died. Ahmed Abdulkadir Mohamed, 30, faces second-degree murder charges in relation.

• METRO CALGARY

BRT parking lots open for free use

KRISTA SYLVESTER/METRO CALGARY



► Calgary Transit opened two new park-and-ride lots in the southeast for the 302 Bus Rapid Transit (BRT) route, including this one in McKenzie Towne.

► Douglas Glen lot has 519 stalls, McKenzie Towne lot has 530 stalls

 KRISTA SYLVESTER
@METRONEWS.CA

More than 1,000 commuters now have the luxury of parking for free at one of two Calgary Transit bus park-and-ride lots in the city's southeast.

Calgary Transit opened the two new Bus Rapid Transit (BRT) lots yesterday and expects the added convenience to encourage even more commuters from the city's southeast to use the service.

"We already have approximately 2,000 people using the 302 route each day and we suspect the usage may increase," said transit spokesperson Ron Collins. "There is certainly an added convenience for our users and they will just

Construction

- Construction on the two lots started in May 2010.
- The lots cost \$6 million together, which was half a million under budget.
- The lots were jointly funded by the municipal, provincial and federal governments.

be able to park and hop the bus."

Parking in both lots will remain free, said Collins.

The lots will also be monitored by peace officers, including a mountain bike unit.

New Brighton resident Christy Regan said she is excited about the new lots.

"It's a bit of a walk for me, so the free parking lot is definitely a draw."



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News in brief**Plenty of land for growth**

INFRASTRUCTURE. Calgary has a 19-to-23-year land supply, according to city officials.

The approximate 8,062 hectares in Greenfield suburban area structure plans provide ample land for growth demands, says city land use planning director Mary Axworthy.

"Having a sufficient land supply is an important factor in supporting a competitive housing market," she said.

• METRO CALGARY

Hearing moved to November

OFFENDER. The dangerous offender hearing for Cory Bitternose, scheduled to move forward last week, has since been rescheduled to resume at the end of November.

Emergency surgery for the Crown prosecutor had led to the delay in the hearing for Bitternose, who abducted two women in the Banff-area and beat and sexually assaulted one of the women.

• METRO CALGARY

Funds for rehab denied

VICTIM. Financial assistance for a former Calgary man's rehabilitation from alleged torture has been denied, according to CBC News Online.

The family told CBC that victims' services groups from Alberta, Manitoba and British Columbia rejected the family's request for financial help.

According to CBC, the family said it has spent thousands on equipment and psychological counselling for the victim's rehab.

• METRO CALGARY

Historic ranch up for sale

PROPERTY. A historic Alberta ranch has been listed for sale at \$49.2 million.

The OH Ranch was owned by Daryl (Doc) Seaman, a prominent Albertan who died last year at 86. Bids are being vetted by Seaman's estate.

Whoever purchases the land, or a parcel of the land, won't be able to divide it up for acreages, officials say. The public land portion of the ranch is designated as heritage by the Alberta government.

Firefighter sick days almost double

Calgary firefighters are missing work almost twice as much for sickness and accidents than they were five years ago, according to the 2009 annual fire report.

But fire officials say those statistics are actually the result of a new illness and injury reporting system that requires even the smallest injuries and near misses to be reported.

According to officials, the biggest increase transpired in 2006 when 6,293 days were lost, up from 4,147 the previous year.

• METRO CALGARY

7,958

The number of lost days in 2009, an increase of 523 over the previous year, due mostly to zero tolerance for symptoms during the H1N1 pandemic.



For more news, visit metronews.ca/local

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Dalhousie Station

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North Hill Centre

Northland Village Mall

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207 14th St. NW

Northeast

Country Hills Town Centre

Deerfoot Mall

Marlborough Mall

Pacific Place

Sunridge Mall

2520 23rd St. NE

2000 McKnight Blvd. NE

2555 32nd Ave. NE

Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

Southcentre Mall

TD Square

Westbrook Mall

WestHills Towne Centre

6039 Centre St. S

835 17th Ave. SW

16061 MacLeod Trail S

6100 MacLeod Trail S

4623 Bow Trail SW

321 6th Ave. SW

2008 33rd Ave. SW

Southeast

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Putin talks tough to press

Prime Minister Vladimir Putin disparaged Russian dissidents in crude street language in an interview yesterday, and said they would keep getting beaten if they continued to hold unauthorized rallies.

Putin also told journalists yesterday that it was "complete gibberish" that he continues to run the country.

"I'm tired of foreign policy," Putin told journalists travelling with him in Rus-

sia's Far East. He said President Dmitry Medvedev was handling it well and he saw no need to interfere.

In the interview published in the newspaper Kommersant, Putin defended his record and touched on a variety of topics, including foreign policy.

It was questions about the political opposition, though, that inspired the colourful language Putin seems to love.

Putin predicted that

Russian police would keep breaking up opposition protests unless the dissidents obtain official permission to rally — permission they are routinely denied in central Moscow.

"You will be beaten upside the head with a truncheon. And that's it," Putin declared.

Opposition leader Boris Nemtsov said the interview showed Putin to be "dishonest, ignorant and evil."

THE ASSOCIATED PRESS



► Vladimir Putin fired a crossbow at a gray whale last week.

PHOTOS
1. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS
2. HANDOUT/CENTRAL IMAGE AGENCY
3. FILE PHOTO/THE ASSOCIATED PRESS
4. ADRIAN WYLDE/THE CANADIAN PRESS
5. MIGUEL MEDINA/AFP/GETTY IMAGES

Gunman kills 7 in Slovak capital

► Handout photo shows gunman wearing hearing-protection device
► Indicates he planned shootout

A gunman went on a rampage yesterday in Bratislava, Slovakia's capital, killing seven people and wounding 15, then committed suicide, officials said.

Five of the people killed were members of a Roma family who lived in an apartment where the man began his attack with a machine-gun and two pistols, said Interior Minister Daniel Lipsic. Roma often face discrimination in eastern Europe, but Lipsic and police chief Jaroslav Spisiak said the gunman's motive was not known.

Another man shot and killed outside the building was "probably" also a member of the same family, Lipsic said.

The shooting took place at midmorning in the rundown Devinska Nova Ves neighbourhood on the outskirts of the Slovak capital.

The five Roma who died in the apartment — four

Details emerge

► Gunman was local The Slovak news agency TASR, referencing a police statement, identified the gunman yesterday as a 48-year-old local who was in legal possession of the weapons he used for the killing spree.

women and a man — lived in a brown high-rise building, Spisiak said.

Police rushed to the scene as the attacker, about 50 years old, was leaving the building, and he fired indiscriminately at people in the area, wounding 15, including a policeman and a three-year-old boy who was shot in the ear, Lipsic said.

The seventh fatality was a woman who was shot in the area as she walked to the balcony of her apartment when she heard the gunfire, Lipsic said.

THE ASSOCIATED PRESS



► This image, provided yesterday by Slovakian newspaper Daily SME, shows a man identified as the gunman who killed seven people and wounded at least 15 in an attack in Bratislava, then committed suicide.

Juror removed over Facebook comment

A judge removed a juror from a trial in suburban Detroit after the young woman wrote on Facebook that the defendant was guilty. The problem? The trial wasn't over.

Hadley Jons, of Warren, Mich., could be found in contempt when she returns

to the Macomb County circuit court Thursday.

Jons, 20, was a juror in a case of resisting arrest. On Aug. 11, before the prosecution finished its case, she wrote on Facebook that it was "gonna be fun to tell the defendant they're trial wasn't over."

News in brief

Soldier dies in hospital

MILITARY. Cpl. Brian Pinksen, a Canadian soldier who was injured in an IED blast last week while on patrol in Afghanistan, died yesterday at a hospital in Germany, military officials say. THE CANADIAN PRESS

Doctors botch baby's delivery

MEDICINE. Italy's health minister travelled to Sicily yesterday to apologize to a woman whose delivery of a son was botched when her two doctors got into a fistfight in the operating room. Laura Salpietro had her uterus removed, and her son suffered heart problems and possible brain damage. THE CANADIAN PRESS

News in pictures



1 Solidarity founder Lech Walesa, right, shunned several of the movement's 30th anniversary sessions yesterday, saying he is disillusioned with the Polish trade union's current state. THE ASSOCIATED PRESS

2 The Canadian Medical Association Journal says provinces and territories should cover the cost of smoking-cessation programs and products to help tobacco users butt out. THE CANADIAN PRESS

3 A resurgence of bedbugs across the U.S. has homeowners and apartment dwellers taking desperate measures to eradicate the tenacious bloodsuckers, with some relying on dangerous outdoor pesticides and fly-by-night exterminators. THE ASSOCIATED PRESS

4 NDP Leader Jack Layton is floating a last-minute compromise to try to save the long-gun registry and, perhaps, keep his political reputation from sinking. THE CANADIAN PRESS

5 Iranian state media called France's first lady, Carla Bruni-Sarkozy, a "prostitute" yesterday in an unusual attack on the wife of a world leader. THE CANADIAN PRESS

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Canada still in the red: StatsCan

► Foreign investment in Canadian equities rebounds ► But goods surplus with U.S. shrank by \$2.3B

The country's current account deficit grew by \$2.6 billion in the second quarter to a total of \$11 billion, Statistics Canada said yesterday. Export growth slowed and imports grew, while a lower deficit in investment income flows was partially offset by a higher deficit in international trade in services. THE CANADIAN PRESS

Balance sheet

Overall, exports of goods rose by \$1.2 billion.

► Equipment Machinery exports rose \$1.2 billion, as volumes increased.

Services The deficit on trade in services expanded by \$300 million, led by travel services.



► Bank of Japan governor Masaaki Shirakawa leaves after meeting with Prime Minister Naoto Kan in Tokyo yesterday.

KOJI SASAHARA/THE ASSOCIATED PRESS

Japan plans stimulus

Japan's central bank further eased monetary policy yesterday in response to a strong yen and growing political pressure to revive a faltering economy.

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Auto industry on the rebound

Canadians were in a vehicle-buying mood in July, according to figures in the latest Global Auto Report from Scotia Economics. The report says Canadian sales advanced to an annualized 1.65 million units in July, lifting volumes at several automakers to the highest July on record.

THE CANADIAN PRESS

Go big

Canadians are shifting away from small cars.

► On the decline Their share of the market has slumped to less than 29 per cent so far this year, the lowest level in a decade.

Airlines report net profits

The International Air Transport Association says 47 major carriers it monitors reported a net profit

of \$3.9 billion US in the second quarter. The results contrast with the \$881 million net loss posted by carriers a year earlier.

Geneva-based IATA says airlines in North America and the Asia-Pacific region performed best.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
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EMPLOYMENT

Private outdoes public

Statistics Canada says public employment slipped in comparison to overall employment in the second quarter of the year.

It says 3.6 million people, or 20.3 per cent of all those working, held federal, provincial, municipal or territorial jobs in the second quarter, down from 20.5 per cent the previous quarter. The decline was attributed to growth in private sector employment during the period.

THE CANADIAN PRESS

Quebec gas field sparks debate

The Quebec government says it's moving cautiously forward in allowing oil-and-gas companies to explore the region. Quebec sits on a massive natural gas field. THE ASSOCIATED PRESS

Consumer spending on the rise

Americans spent last month at the fastest pace in four months, helped by a jump in demand for cars. Consumer spending rose 0.4 per cent in July.

THE ASSOCIATED PRESS

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PULLING THE PLUG ON TOXIC FRIENDSHIPS

She says ...

JESSICA NAPIER



Good girlfriends are hard to find. There are the ones you love with all of your heart, and then there are the ones you kind of love ... to hate.

Let's be honest, we've all known them at one point in our lives. A toxic girlfriend is one who is unreasonably jealous or ultra competitive. She is the friend who flirts a little too much with your boyfriend and always has a way of subtly putting you down. She's unreliable, inconsiderate, manipulative and a little bit wacko. More foe than friend, a poisonous pal will contaminate your free time with her dramatic behaviour and Mean Girls-

inspired antics.

Of course, these stressful relationships rarely start out this way — only a masochist would voluntarily sign up for this kind of emotional abuse.

Like a long-term romance, a friendship is constantly changing and evolving. Every once in a while a perfectly platonic partnership becomes a bit unbalanced. When you're so close to the situation, it's hard to recognize when a one-time BFF has turned bitter, slowly eroding your self-esteem one thinly veiled insult at a time.

It should be easy to realize that you should dump a self-absorbed drama queen like a barrel

of hazardous waste. But when it comes to frenemies, we tend to make excuses for their abhorrent behaviour in the hope that one day they might grow out of it. The longer we endure these unhealthy relationships, the more trapped we feel.

While a soured friendship might be exhausting to maintain, it is even more difficult to end.

There's no handbook when it comes to breaking up with a gal pal. Ideally, you should have an honest conversation where both parties reveal their true feelings and, ultimately, hug it out. But let's face it: Most of us are not that mature. Confrontations like

this are uncomfortable and awkward, and usually end in tears on both sides.

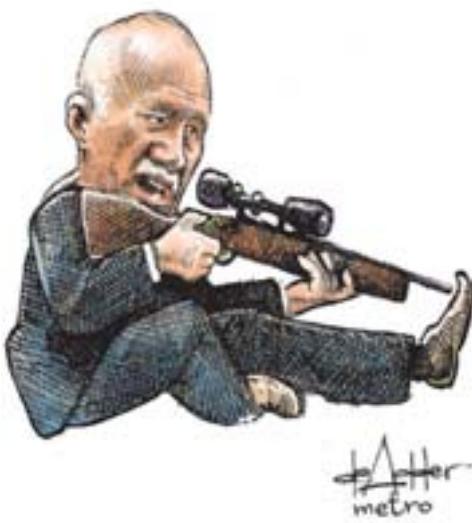
I usually opt for the more cowardly route. I allow these friendships to disintegrate over a slow, excruciating period of ignored phone calls and geographic evasion tactics until she eventually gets the hint. Yes, this is a childish and passive-aggressive way of dealing with my feelings, but avoidance seems so much less unpleasant than all that crying.

However, at the end of the day, life is too short (and far too busy) to spend so much time dodging that best friend gone bad. The older we get, the more we realize who those true friends really are. So perhaps it's time to get real and let that bad girlfriend know you're just not that into her anymore.

Cartoon

MICHAEL DE ADDER

JACK LAYTON DEMONSTRATING THE NDP'S POSITION ON GUN CONTROL:



High rollers learn early

Worth Mentioning

The Thai government is publishing a new series of parenting brochures that instructs families how to keep their children from gambling on soccer matches, after kids as young as seven were found betting on the World Cup.

"The Guide to Watching Football With Your Children and Loved Ones," will be the first in a three-part series to be distributed at schools nationwide in October, Thanakorn Komkris, a co-ordinator at the Thai Health Promotion Foundation, said yesterday.

The agency, which is under the Prime Minister's Office, is sponsoring the series that uses cartoon characters to convey that

Cashing in



professional soccer can be a fun family event — and one that sometimes requires parent supervision.

The new guide will be aimed at children of primary school age and teens and will seek to inform them of the dangers of gambling, while trying to motivate youths with "inspiring stories

from world-class football players," Thanakorn said.

Gambling is illegal in Thailand, technically, but it remains a national pastime. Betting is common at sports events, at underground casinos or along the Cambodia border where casinos have flourished in recent years to cater to Thai customers.

THE ASSOCIATED PRESS

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The tour is about 1.2 kilometres long. Wheelchair accessible, most of the walkways are open from 7 a.m. to 6 p.m. This tour is suitable for all members of the family and takes about 45 minutes to complete.

© METRO CALGARY



• Roy Leadbeater's bronze entitled Joy in the Municipal Building is part of the Downtown Public Art Circuit.



News in brief



Brad Pitt is the NFL's voice for its upcoming documentary on the New Orleans Saints' Super Bowl victory.

Pitt narrates NFL Films' documentary, *America's Game: 2009 New Orleans Saints*, about the team's win over the Indianapolis Colts last February. The film debuts on the NFL Network on Sept. 8, the night before the Saints begin their title defence.

The NFL traditionally seeks out a celebrity narrator for its annual Super Bowl documentary. Pitt was chosen because of his humanitarian work in New Orleans in the five years since Hurricane Katrina, the league said.

Past narrators have included Alec Baldwin, Morgan Freeman, Gene Hackman, Ed Harris, Martin Sheen, Bruce Willis and James Gandolfini. Mad Men star Jon Hamm narrated last year's film on the Pittsburgh Steelers' 2008 Super Bowl win.

THE ASSOCIATED PRESS



Anna Nicole Smith drug case resuming with uncertainty over testimony by nannies.

► Funny men and women are using Twitter to connect with fans, test out joke or just rant
 ► Jimmy Fallon leads the comedy charge with 2.7 million followers



► Comedian Michael Ian Black is one of the funniest regular Twitter users, with more than 2,500 tweets and counting.

AMY SUSSMAN/GETTY IMAGES

Top tweets from the comedy world

A few examples of top-notch tweeting:

- "I've grown tired of fireworks displays. China, please come up with something else for our country." — Kevin Nealon.



►Nealon

- "I have a Far Side cartoon almost done of a movie theatre packed with disappointed deer watching Salt." — Mindy Kaling.

- "The Muzak version of Careless Whisper in this lobby has turned a bad song into a sonic hate crime." — Patton Oswalt.

- "Either the gnomes in our garden are real or someone just hit me in the head. Oh, wait. It's just the booze. Forget I said anything." — Paul Feig.

- "Walking in New York I make eye contact with people's dogs more than with people." — Kristen Schaal.

- "When you read Self magazine aren't you always a little disappointed that there's nothing about you in there?" — Jim Gaffigan.

- "This is my twitter cycle: Tweet, tweet more, tweet worse, stop tweeting, regret tweets, swear never to tweet again. Wait. Tweet. Repeat." — Louis C.K.

THE ASSOCIATED PRESS

Comedy in 140 characters or less

Earlier this summer, Michael Ian Black took to his blog to defend himself against those appalled that the comedian was — gasp! — inserting rare advertisements to his popular Twitter feed.

Black explained that occasionally hiring himself to sell products "allows me the freedom to take less well-paying jobs like making soon-to-be-cancelled television shows."

Then he made a more serious point.

"As of today, I've written 2,655 tweets," Black wrote. "That's a lot of free material, all of it contributing to the entertainment of the 1.5 million people who follow me, as well as the multibillion dollar capitalization of Twitter itself."

Black is not alone in his situation. Many of the most popular people on Twitter are comedians,

and they are collectively perhaps the best. They know how to be economical with words, and they write about more interesting topics than what they had for breakfast.

But comics have a different relationship to the social networking website. It is, after all, their job to make brief, pithy observations and craft precisely worded one-liners. Like news outlets, comedians

have to question how much "content" they want to tweet away.

Black says he recognizes some downside to giving away material for free, but believes the pros far outweigh the cons.

"For me, it does two things," Black says of tweeting. "One, it gives me the chance to try out jokes. And two, it forces me to write jokes in the first place." **THE ASSOCIATED PRESS**

BACHMAN TURNER RETURN TO ROOTS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



When I was growing up in Winnipeg it was guaranteed that at least once a day you'd hear a Bachman Turner Overdrive song on the radio. Not only did the band produce some of the best drive-home music ever made, but when the city's rock radio station was done playing 12 Led Zeppelin songs in a row, they'd throw on some homegrown tunes. That meant a lot of Guess Who and BTO.

I'm more of a Guess Who fan, but I was still excited to hear that Randy Bachman had recorded a

new album with Fred Turner. It's always a bit strange when a band you liked puts out a new album — it's usually not very good, and I'm grateful that Randy and Burton Cummings have stuck to the hits, but somehow the duo's self-titled, released next week, sound vintage BTO. I spoke to Turner this summer and asked him why they chose to replicate their sound — he says it was all Randy. "He wanted to go back to the 70s mindset," Turner explains. It had a lot to do with the chemistry between the two musicians, he says; it felt like nothing had changed since 1973, when the band wrote their huge hit *Takin' Care of Business*.

Of course, a lot has changed. Bachman left the band after 1975's *Four Wheel Drive*, tried to start something new with Turner in the early 80s, joined BTO again briefly, then Turner left; BTO was in a perpetual state of near collapse until Turner officially called it quits in 2004.

Bachman and Turner "had our moments" over the years, he says. "We had a nine year lawsuit through the 90s." It was eventually settled, but even in the midst of the legal proceedings, the old friends found a way to play together. Turner recalls a time when Bachman had to play a gig in Winnipeg and wasn't confident with his backup musicians. He called his

former bandmate and asked him to join him, which he did.

Whatever happened between them seems to be history. Luckily, though, Bachman and Turner won't get the chance to return to their old ways — this isn't a full-time gig. Turner says that while he's excited to play he's got no intention of becoming a career musician again. "I don't want to be as busy as Randy likes to be," he says. "He's still going 200 miles an hour and I'm a long way from that. I said this is your thing, you work it the way you want and I'll be there. It's actually taken off so strong that it's become a bit too busy for me. But I'm still willing to go with it."



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Michael Jackson may be exhumed

► Dr.'s defense wants to challenge cause of death ► Family 'dreading' idea of digging up remains

Michael Jackson's remains may have to be exhumed for further testing in connection with the manslaughter trial of Dr. Conrad Murray, according to News of the World.

Murray lawyers reportedly want to challenge the findings of the original autopsy, arguing that misuse of other drugs brought about Jackson's death, not the drugs administered by Murray.

"If the tests don't concur with the coroner's findings, they have the start of a strong defense," a source says. "The logical next step would be to exhume the body to make new tests."

Jackson's family is reportedly "dreading" such a situation. "They laid Michael to rest and for him to return is just sick," a friend of the family says.

THE ASSOCIATED PRESS



► Jackson's doctor, Conrad Murray, wants to argue the singer died of misuse of other drugs.

METRO NEWS SERVICES



► Neil Patrick Harris, left, and partner David Burkhauser

Neil Patrick and partner getting ready for fatherhood

Neil Patrick Harris is spending his time studying and resting in anticipation of the arrival of his and partner David Burkhauser's twin babies due in the fall,

according to People magazine. "[I'm] very, very excited. It's the big, crazy calm before the ridiculous storm," Harris says. "I'm trying to read as much as I

can, and prep as much as I can. But there's only so much you can do because each baby is super individual and totally their own person." METRO

George Michael looking for rehab credit in sentencing

After pleading guilty to marijuana possession in connection with his July car crash in London, George Michael is hoping the fact that he checked

himself into rehab immediately after the accident will help with next month's sentencing, according to Popcrunch. "I feel you should know that

on the day after the incident I checked in to a clinic for a 14-day detox program here in London," the singer posted on his Web site. METRO



► George Michael



METRO

Arrest is a bad career move

JOBLESS. It hasn't been the best week for Cy Waits, Paris Hilton's boyfriend.

First he was arrested for driving under the influence in Las Vegas over the weekend — when Hilton herself was busted for cocaine possession — and now he may be out of a job, according to E! News. Waits had recently been promoted to head of nightclub operations at the Wynn Hotel in Vegas, and sources say he was fired within hours of his arrest.

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Talking points

Lohan catches a legal break

JUST A WARNING. It seems Lindsay Lohan's luck with the law is improving. The fresh-out-of-rehab actress hit the town in Los Angeles recently, serving as designated driver for her friends, and was reportedly speeding and running through stop signs in her new Maserati, according to Pacific Coast News. Sources say a police officer pulled her over, but Lohan managed to get off with just a warning.

Not that it matters ...

NURTURING. While still dodging questions about Mariah Carey's possible pregnancy, Nick Cannon can't seem to keep parenthood off his mind. "She's very nurturing," he tells People magazine of his wife.

"She's nurturing with me and makes me breakfast at anytime and that's my favorite food. It would be, like, 3 o'clock in the morning and she will still make me waffles. She'll be the best mom."

METRO

Celebrity tweets

Paris Hilton (@ParisHilton) I'm so thankful to all my fans for all the love and support you are giving me. Thank you all. Love you so much. Love Paris xoxo

Samantha Ronson (@samantharonson)

Can't believe I just got to work and had the wrong purse. Instead of a laptop I found a bag of Well, u know.

Conan O'Brien (@ConanOBrien)

Someone just explained to me that I don't get paid for tweeting. I'm going to miss you guys.

Ben Stiller

(@RedHourBen) Is there a decoder book for Glenn Beck speeches?



Arrest is a bad career move

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► Last year, little Stella Biblis was born — from frozen sperm. ► When her dad, Chris, was a teenager leukemia patient, he allowed doctors freeze his sperm. ► Otherwise radiation treatment would have killed it. Today lots of young men with cancer do the same.



Honey, I Froze the kids

ELISABETH BRAW
WELLNESS@METRONEWS.CA

When Chris Biblis was diagnosed with leukemia at age 16, doctors knew he'd survive only with radiation treatment. Unfortunately, Biblis's testicles had to be radiated, too. Chris would be infertile.

It was 1987. Back home in Alabama, Biblis's mother happened to read a news article about British doctors who froze sperm. She decided she wanted her son to freeze his sperm, too, to give him a chance of later having a family.

"I sort of thought it was a good idea," recalls Biblis, now 40, "but it was totally embarrassing. I had to drive several hours with my father to give the specimen."

Biblis's unusual choice paid off: last year, he and his wife welcomed a

50 percentage of male cancer patients who have frozen their sperm and later conceive using frozen sperm

"I feel lucky to be alive after cancer. But I feel more lucky being a father." CHRIS BIBLIS

healthy baby, Stella. She was conceived using Biblis's 22-year-old sperm. "It was like any other in-vitro (test-tube) pregnancy," explains Chris's wife, Melodie.

"When we decided to do it, we didn't realize that it was somehow unusual to use 22-year-old sperm."

It was only one baby has ever been conceived using older sperm.

That's because in 1987, sperm-freezing of any kind was highly unusual. But today, young male cancer patients are routinely asked to give sperm specimens, to be stored until they're ready to start a family.

Biblis's unusual choice paid off: last year, he and his wife welcomed a

The demand has grown since 80 per cent of children and adolescents with cancer now survive.

"Having babies is often the last thing on teenage boys' minds," explains Dr. Richard Wing, who heads Reproductive Endocrinology Associates of Charlotte, North Carolina.

"But chemotherapy and radiation often result in men having no sperm, and frozen sperm can last for decades."

Wing helped the Biblis couple conceive. Today female cancer survivors, too, have better chances of conceiving. Eggs can now be frozen using rapid-freezing technology that makes

them more viable; about one fifth of frozen eggs result in pregnancies.

"But women can't just provide eggs for freezing," explains Wing.

"It takes two-three weeks to prepare their ovaries for ovulation, and the eggs' viability depend on how far the cancer has gone."

In the past, young single women with cancer faced the dilemma of freezing their eggs with little chance of success or fertilizing their eggs using a sperm donor.

But even with optimistic prospects of post-cancer parenthood, many turn down their only chance.

When Chris Biblis delivered his sperm sample, he had no thought of his little Stella, now teething.

"I feel lucky to be alive after cancer," he says.

"But I feel more lucky being a father."



Two questions

Dr. Safaa Maxwell of the London Fertility Centre answers questions about rapid egg freezing.

► Whose fertility is more affected by cancer, men's or women's?

"Women's. Even 80 per cent of men with testicular cancer manage to conceive. On the other hand, women who have cancer are often on treatment for several years, and by then it may be too late for them to have babies anyway."

► Rapid egg freezing is a promising prospect for women. Which other methods are currently being developed?

Ovarian tissue freezing. The ovary is removed and frozen. Later it can be transplanted back to the body where it can continue to function again. There's also in-vitro maturation, where immature eggs are collected and matured in the lab. This has been tried on some young cancer patients as young as five years.

3
life

Technology



A Canadian scientist is pioneering an experimental procedure to repair damaged eyes using artificial corneas. Dr. May Griffith, a senior scientist from Ottawa, teamed with Swedish colleagues to try to restore eyesight of 10 patients with damaged corneas. They surgically removed the patients' injured corneas and replaced them with artificial ones. Vision improved in six of the 10 patients, and the other four could see better when they wore contact lenses. The nerves and cells grew back fully in nine of the 10 patients, while one patient's eyes have been slower to respond.

THE CANADIAN PRESS



Nobody is listening but, buds are bad

► Hearing loss affecting nearly 20 per cent of teens today ► Learning how to preset maximums on your headphones will save your ears in the long run

 CELIA MILNE
WELLNESS@METRONEWS.CA

"Turn it down! You'll go deaf!"

Sound familiar? Mom always said listening to loud music would affect your hearing. Well, a new study has given her some ammunition.

Loss of hearing is affecting five per cent more adolescents than it was 15 years ago, according to hearing experts who analysed U.S. survey data.

If people around you on the subway can hear your music right through your ear phones, your tunes are too loud, they say.

It's a good idea to preset the volume on electronic music devices to between half and two-

25%

One quarter of young people entering the workforce had the early warning signs of hearing loss and almost five per cent more had abnormal results on hearing tests, according to a 2005 study by WorkSafe BC.

● CELIA MILNE

1,000,000

In Canada, more than a million people say they have a hearing-related disability. This is twice the number of people with sight-related problems.

Eavey and colleagues studied results from a large, population-based study called the National Health and Nutrition Examination Survey (NHANES), involving thousands of adolescents ages 12 to 19.

They found that hearing loss is now affecting nearly 20 per cent of teens, and they are worried it is the beginning of an epidemic.

thirds of maximum, suggests Dr. Ron Eavey, an otolaryngologist from Nashville, Tenn. Most devices play at up to 120 decibels, while anything above 85 is considered bad for hearing.



► More teens than ever are reporting some hearing loss.

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More omega-3 fats don't help heart disease: Study

► Fatty acid once thought to have helped those prone to attacks

Eating more heart-healthy omega-3 fats provided no additional benefit in a study of heart attack survivors who were already getting good care, Dutch researchers report.

After nearly 3 1/2 years, there was no difference in deaths, heart attacks and other heart problems between those who ate margarine with added omega-3 fatty acids and those who didn't, the study found.

"Adding a little bit of omega-3 fatty acid does not seem to make a difference."

ALICE LICHTENSTEIN,
A TUFTS UNIVERSITY NUTRITION PROFESSOR

The results don't mean that getting more of the essential nutrient has no value. Several studies have offered evidence that the fats — mostly from fish oil — reduce heart disease.

But for heart patients

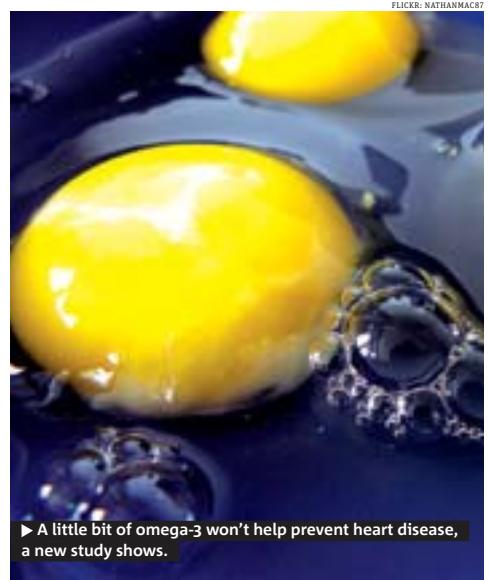
who are carefully treated "adding a little bit of omega-3 fatty acid does not seem to make a difference," said Alice Lichtenstein, a Tufts University nutrition professor, who was not involved in the re-

search.

Omega-3 fatty acids are thought to help reduce the risk of abnormal heartbeats, slow the growth of plaque that can clog arteries and lower harmful fats called triglycerides.

In recent years, omega-3 has been added to some foods such as margarine and eggs, or labels highlight the omega-3 content of foods like tuna fish.

THE ASSOCIATED PRESS



► A little bit of omega-3 won't help prevent heart disease, a new study shows.



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HEALTHY LIVING

MS worse in spring, summer

Here is an intriguing finding about multiple sclerosis. The disease seems to flare up in the spring and summer. Researchers found in brain scans that MS activity increased during the months of March through August.

MS is a disease of the central nervous system that can cause loss of

balance, impaired speech, extreme fatigue and double vision.

The new study, which was conducted at Brigham and Women's Hospital in Boston, is important because many clinical trials are only six months long. When researchers study the effect of various drugs on the disease, it could appear that the drug is working well when in fact the change of season accounts for the improvement. The study was published in the journal of the American Academy of Neurology.

CELIA MILNE

Hearing loss

It's hard to tell if you are losing your hearing because it happens gradually. Here are the signs of hearing loss resulting from ongoing loud noise

- When an ongoing noise stops, sound may seem muffled
- People seem to mumble
- Your ears ring
- People tell you the TV is too loud
- You keep turning up the stereo so you can hear it
- You feel pressure or fullness in your ears.

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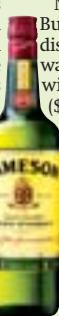
As you read this week's column I'm enjoying a little rest and relaxation in Ireland. Though I've only been here a few days I've already consumed my body weight in Guinness Draught so am now working my way to whiskey, which I'll spell with an "e" like they do here on the Emerald Isle.

A classic whiskey like Jameson (\$30.00 - \$31.99) — first made in

Dublin in 1780 — is a super smooth spirit with an orange marmalade aroma and creamy sweet finish.

Northern Ireland's Bushmill's, the oldest distillery on the island, was licensed in 1608 with its Black Bush (\$36.99 - \$37.64) a quintessential Irish drop layered with warm malt and spice. Sláinte!

Prices reflect the range across the country. Some products may not be available in all provinces.



Gazpacho packs nutritional punch



THE ASSOCIATED PRESS

Conventional wisdom says that cooking vegetables tends to diminish their nutritional prowess. And while there is some truth to this, it isn't always the case.

Cooking tomatoes does diminish their stores of vitamin C, but it also concentrates other nutrients, such as lycopene (found in red tomatoes), a powerful antioxidant.

This Italian take on the soup is seasoned with fresh basil and oregano along with a liberal shot of balsamic vinegar. The addition of some fresh mozzarella cheese adds the protein and substance to turn the soup into a satisfying lunch or light supper. Serve with grilled slabs of crusty whole-grain bread to complete the meal. For a cooked version, spread the diced tomatoes on a rimmed baking sheet and roast at 200 C (400 F) until they start to brown. Let cool, then proceed.

Ingredients :

- 1.25 l cored and diced tomatoes (about 4 large)
- 1 large English cucumber, peeled and diced
- 1 chopped red bell pepper
- 1 medium red onion, chopped
- 75 ml balsamic vinegar
- 50 ml extra-virgin olive oil
- 75 ml chopped fresh basil
- 30 ml chopped fresh oregano
- 3 cloves garlic, minced
- 2 ml kosher salt
- Ground black pepper, to taste
- 170 g very small fresh mozzarella balls

Preparation:

1 In a large bowl, combine tomatoes, cucumber, bell pepper, onion, vinegar, oil, basil, oregano, garlic, salt and pepper. Stir to combine. Let the mixture rest for 15 minutes.

2 Using a food processor or blender and working in batches, process tomato to mixture until it is chunky smooth, 10 to 15 pulses in a processor. Transfer to a bowl, cover and refrigerate for at least 1 hour. To serve, divide gazpacho among bowls and top with mozzarella. THE ASSOCIATED PRESS

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► Blair and Aila met at a barbecue and eloped in 2008.

WORK BARBECUE SPARKED ROMANCE

How We Met: Blair & Aila

I (Aila) met Blair at a work barbecue. He was in the Armed Forces, posted at CFB Gagetown in New Brunswick, and I was working as a civilian on the base. My friend was actually interested in him and, since Blair was much younger than me, I didn't pay much attention to

Their story:

him. We did, however, hit it off after discovering we had so many things in common. He emailed me

two days after we met and we've been together ever since. We eloped in Newfoundland in August 2008. Last year, Blair was released from the army so we could move to P.E.I., where he is originally from. We happily settled here in an old house with my daughter, and we're slowly making it both our home and a home-based photography business.

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HOW YOU MET! GO TO
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Tips for work-life balance

Do you ever wish there were more than 24 hours in a day? For lots of people, work-life balance is a never-ending battle with many things and people competing for our time and energy. While it's impossible to control all the factors that impact work-life balance, help achieve a better synergy by following these five simple tips:

1. Slow Down.

Life is simply too short, so don't let it pass you by. Take time to stop and enjoy the things and people around you. Plan downtime into your week and find some ways to distance yourself from the things that cause you the most stress.

2. Use technology to

streamline schedules.

While a pen and paper can help keep you on track, don't overlook technology as yet another weapon to make the most effective use of your day. Tools like Microsoft Office Outlook 2010 let you link each member of your family's calendar allowing you to see what everyone's got going on so you can plan accordingly.

3. Protect your personal time.

Effective time management involves knowing when to shut things down. Turning off a cellphone or other wireless device establishes boundaries between your personal and professional time.

4. Share the Load.

You don't need to do it all. Really. Even though we may sometimes feel we're the only ones capable of doing something, it's usually not the case. Get your spouse or children to help you with your personal/family responsibilities. Managing and taking care of the household should not be the responsibility of just one person.

5. Learn to say “no.”

Taking on too many tasks can be stressful and overwhelming. Learn to say no to things when there's too much on your plate. This applies to both work and personal commitments. Rather than feeling guilty, you'll learn that saying "no" can be really empowering. **NEWS CANADA**

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Your credit score can impact your ability to borrow, buy a home or car, and even to get a job. It reflects your level of financial responsibility and therefore you must diligently protect it. And, because of increased fraud and identity theft it's equally important that you ensure your credit report is accurate.

If you've paid back your loans on time, maintained revolving credit (credit cards or lines of credit), and not declared bankruptcy, you're probably in good

shape. But, if you've done some credit damage, you're going to have to repair your score.

If you're struggling with keeping up, see a credit counsellor. Check out creditcounsellingcanada.ca or creditcanada.com. They can help you negotiate new terms with your lenders.

There are two credit bureaus in Canada — Equifax (equifax.ca) and TransUnion (transunion.ca). You can request a free copy of your credit score by visiting their websites. It's important to know your credit score and do everything you can to protect it.

Making wine? Go ahead, make it fine

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ON MONEY

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Here's my end-of-summer garden party nightmare; a brimming glass of the host's homemade wine and me attempting to keep the wince out of every sip.

One thing about a recession though, it opens your mind to what you didn't think you would ever want to do or drink.

Early summer found me in the fruit scented quarters of the Just Wine in Milton, Ont. I had driven by the place for 10 years and never once been tempted.



► Making your own wine can save a lot of money.

But I love my wine and despite a reported glut of the good grape plus a global economic meltdown wine prices haven't declined perceptibly. So, I bravely ordered two kits, 30 bottles of the best Australian Chardonnay and 30 more of the Napa Valley

Stag's Leap District Merlot, part of the Selection Estate series distributed by Wine Expert of B.C.

Both claimed gold medals in some tasting or other and both were the most expensive of their kind available in the store. If you are going to do it

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yourself buy the best available. Even so, the cost per bottle was under \$5 for the white and under \$7 for the red (that doesn't include optional labels, 10 cents each, or bottles, \$1.10. You can also supply your own.)

Six weeks later I spent a happy hour bottling the Chardonnay and two weeks after that, the Merlot. Tasting both during bottling surprised me. Drinkable!

If all works out I estimate savings of at least \$2,500 a year — enough to take hubby and me on a very nice wine tasting holiday. Stay tuned for full tasting results in a couple of months.

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U.S. Open. Venus is back



► Venus Williams returns to Roberta Vinci yesterday at the U.S. Open.

CHARLES KRUPA/THE ASSOCIATED PRESS

Venus returns from knee injury with win at U.S. Open

Playing for the first time in two months after spraining her left kneecap, seven-time Grand Slam champion Venus Williams beat Roberta Vinci of Italy 6-4, 6-1 last night to reach the U.S. Open's second round.

Past U.S. Open champions Roger Federer, Andy Roddick and Kim Clijsters also won on Day 1.

But 32nd-seeded Lleyton Hewitt, who won the tournament in 2001, hit 12 double-faults and was upset by 109th-ranked Paul-Henri Mathieu of France 6-3, 6-4, 5-7, 4-6, 6-1. **THE ASSOCIATED PRESS**

4 sports

Sports in brief



1 Cuban defector Aroldis Chapman will be added to the Cincinnati Reds' bullpen for their playoff push.

2 Veteran forward Lee Stempniak has officially signed a \$3.8-million US, two-year contract with the Phoenix Coyotes. **THE ASSOCIATED PRESS**

'Not guilty, your honour': Clemens

► Case begins against baseball legend ► Charges include making false statements, perjury and obstruction of Congress ► Clemens still fighting allegations he cheated by doping

Roger Clemens put his right hand on the lectern, leaned down toward the microphone and made what might be the most important pitch of his life: "Not guilty, your honour."

Those words, uttered yesterday in a strong, confident voice by the seven-time Cy Young award winner sporting a black blazer and blond highlights in his hair, marked the official beginning of a

court case that could taint baseball even further and land the "Rocket" in jail.

U.S. District Judge Reggie Walton presided over an arraignment hearing that lasted less than 14 minutes in the ceremonial courtroom at the U.S. federal courthouse, across the street from the Capitol.

Walton set April 5 as the start of jury selection — the Monday of the first

30

If convicted, Clemens could face up to 30 years in prison and a \$1.5-million US fine.

full week of the 2011 baseball season, and also around the time a case involving Barry Bonds, the all-time home run king,

could be wrapping up in San Francisco.

Pete Rose, Darryl Strawberry, Dwight Gooden and Denny McLain are among former baseball stars to have spent time in jail.

Clemens and Bonds, who chased history on the field throughout their careers, now could be chasing history off it.

They are both in jeopardy of becoming the first

baseball star jailed because of a conviction related to the performance-enhancing-drug imbroglio that has sullied their sport for much of the past 15 years.

As he has throughout the process, Clemens again fought any suggestion that he cheated during a 23-season career that ended with 354 wins and 4,672 strikeouts.

THE ASSOCIATED PRESS

White Sox add Manny for push

Back to frighten pitchers who haven't seen him regularly in a few years, Manny Ramirez will try to get the Chicago White Sox back to the playoffs.

As expected, the White Sox claimed the unpredictable but productive 12-time all-star slugger on

waivers from the Los Angeles Dodgers yesterday, hoping his powerful bat can help them make a post-season push.

His first appearance for Chicago will come against the lowly Indians, the team where he began his career. **THE ASSOCIATED PRESS**



► Manny Ramirez

Rugby player faces murder charge

South African rugby union player Bees Roux was charged with murder yesterday after allegedly beating a policeman to death in Pretoria.

At a bail hearing in a courtroom crowded with police officers, Roux's lawyer said his client would

plead not guilty.

The 28-year-old Roux claims his car was being stolen and he was acting in self-defence, said the lawyer, who also claimed his client's credit card had been used at a restaurant after he was placed in custody. **THE ASSOCIATED PRESS**

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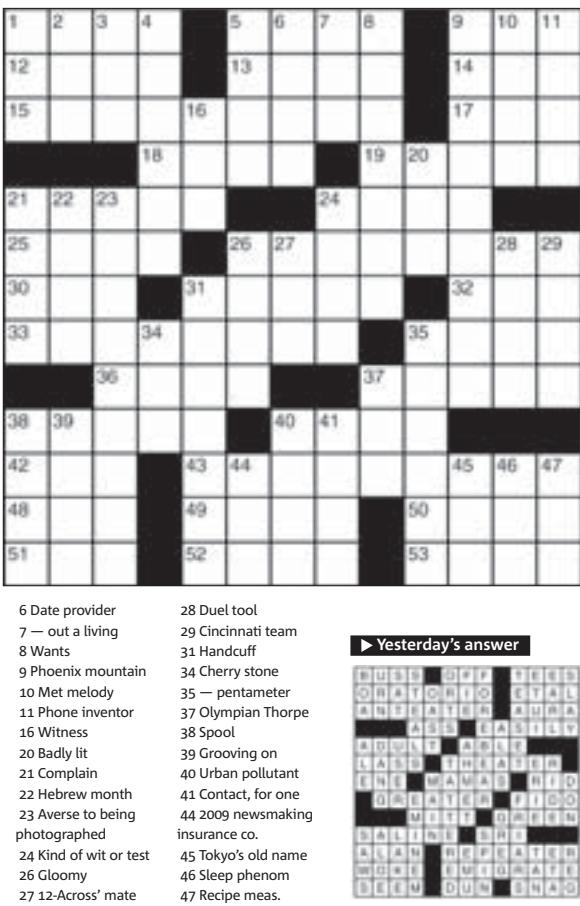
Crossword

Across

1 Fail to hit
5 Newspaper page
9 Taxi
12 Leading man?
13 Prepare a casserole
14 Exist
15 Summertime tops
17 Wire measure
18 Abound
19 Perfect
21 Hidden supply
24 Seed covering
25 "An apple —..."
26 Last page, perhaps
30 Aries
31 Song thrush
32 Mimic
33 All set
35 On the rocks
36 Skating arena
37 1990 Nicholson film, "The Two —"
38 Cow catcher?
40 Slender
42 Type measures
43 Soft cheese
48 Biblical verb suffix
49 MGM mascot
50 Mid-month date
51 Actress Myrna
52 Ova
53 Freebie

Down

1 "Big" fast food entree
2 McKinley's first lady
3 "Casablanca" pianist
4 Forge
5 Reed instrument



6 Date provider
7 — out a living
8 Wants
9 Phoenix mountain
10 Met melody
11 Phone inventor
16 Witness
20 Badly lit
21 Complain
22 Hebrew month
23 Averse to being photographed
24 Kind of wit or test
26 Gloomy
27 12-Across' mate

28 Duel tool
29 Cincinnati team
31 Handcuff
34 Cherry stone
35 — pentamer
37 Olympian Thorpe
38 Spool
39 Grooving on
40 Urban pollutant
41 Contact, for one
44 2009 newsmaking insurance co.
45 Tokyo's old name
46 Sleep phenom
47 Recipe meas.

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope



Aries March 21-April 20 A creative or artistic project can be taken to a higher level over the next few days, but it will require patience and persistence as well as your usual awesome energy levels.

Taurus April 21-May 21 If you have promised to do something for friend or family member then you have no option but to see it through to completion, even if you are now having second thoughts.

Gemini May 22-June 21 If you get your act together and get to work over the next few days you will achieve something out of the ordinary. You have never lacked for ideas but you do sometimes lack for application.

Cancer June 22-July 22 You are in one of your can-do moods at the moment and whatever goal you set your sights on will be reached in record quick time. Don't forget to bring other people into your plans as well.

Leo July 23-Aug. 23 Don't worry about whether or not you are doing the "right thing" today because in the greater scheme of existence the "right thing" is whatever you want it to be.

Virgo Aug. 24-Sept. 22 There is something you should have finished weeks, maybe months, ago but for one reason or another never got round to completing. Now is the time to go back and get it done.

Libra Sept. 23-Oct. 23 You will be extraordinarily dynamic today, so much so that others might start to wonder if you are on some kind of stimulant! The only stimulant you need is the realization that life is a wonderful adventure.

Scorpio Oct. 24-Nov. 22 Try not to think too much about what you are doing today because you will do better when you just get on with it. Sometimes you over analyze the events of your life.

Sagittarius Nov. 23-Dec. 21 Routine bores you at the best of times and if you have to follow a mapped out route today you may end up screaming. How did you get into this position?

Sudoku

	7	4		3	5	
1				9		7
4			8			6
	1			6	2	
		1	4			
5	3				6	
6			3		7	
5	2					3
7	3			8	6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

2	9	7	4	1	5	3	6	8
1	3	4	9	6	8	7	5	2
6	5	8	2	7	3	4	1	9
3	4	5	1	2	7	8	9	6
9	7	1	5	8	6	2	4	3
8	6	2	3	4	9	1	7	5
7	8	9	6	3	4	5	2	1
5	2	3	7	9	1	6	8	4
4	1	6	8	5	2	9	3	7

A look at the weather

TODAY Min 3° Max 19° **WEDNESDAY** Min 5° Max 17° **THURSDAY** Min 4° Max 19°

Andrew Schultz,
Meteorologist



"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



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Principe Coba • 5 ★
All-Inclusive • Junior suite
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(including service charges): \$290

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 South Trail Crossing
 Sunridge Mall
 Sunridge Mall (kiosk)
 Westbrook Mall

CANMORE

105 - 802nd Bow Valley Trail

EDMONTON

3918 White Mud & 17th St.

6143 - 28th Ave.

9778 100th St.

10157 - 101st St.

10803 - 107th Ave.

17551 - 100th Ave.

12904 - 82nd St.

14908 Stony Plain Rd.

18559 Stony Plain Rd.

Abbotsfield Shoppers Mall

Bonnie Doon

Capilano Mall

Edmonton City Centre

Edmonton City Centre (kiosk II)

Kingsway Garden Mall

Londonderry Mall

Mill Woods Town Centre

Northgate Centre

Northgate Centre (kiosk)

Sherwood Park Mall

South Edmonton Common

South Park Centre

Southgate Mall (kiosk)

St. Albert Centre

St. Albert Trail at 137th Ave.

West Edmonton Mall

Westmount Centre

Whyte Avenue at 107th St.

FORT McMURRAY

19 Riedel St.

Peter Pond Shopping Centre

GRANDE PRAIRIE

Prairie Mall

LEEDS

4916 - 50th Ave.

LETHBRIDGE

Park Place

SmartCentres Lethbridge

LLOYDMINSTER

Lloyd Mall

MEDICINE HAT

Carry Drive Plaza

Medicine Hat Mall

PEACE RIVER

10032 - 100th St.

RED DEER

Bower Place Shopping Centre

Parkland Mall

ROCKYVIEW

CrossIron Mills Mall

SPRUCE GROVE

Creekside Centre

ST-ALBERT

460 - 140th St-Albert Rd.

WHITECOURT

3301 - 37th Ave.

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